

THE INDIAN SUMMER

YOGA RETREAT & HIMALAYAN EXCURSION



How about spending time in the Indian Himalaya, learning the basics of the knowledge contained in the Yoga Sutras, Chakras, right Asanas and Holistic Living with **Yogini Kamadevi**. Join us during the Easter Break in April 2017 for a Yoga Retreat to – **Binsar & Ranikhet** (wild side of the Kumaon region in the state of Uttarakhand complete with its own set of folk tales, unique angle views of the snow covered peaks, jungles, personal meadows, lake, hilltop temples, Babaji's Cave and its twist to the regional cuisine) **and Varanasi** (the spiritual capital of India where you will get to meet the Gyana Guru **Parmatma Mata ji** and get enlightened by her in her Satsangs and Ganga blessings)



Additional Activities – Rock climbing, rappelling, valley crossing, jungle camping, sanctuary trek, bird watching, river crossing, star gazing, day hikes, jungle safari, home stays, learning about the local flora and fauna as well the local culture of the region, city sightseeing, will be some of the activities which will keep the participants busy throughout their trip

WHAT & WHEN: A 2 week (13N/14D) long YOGA RETREAT during the Easter Break (8th-21st April 2017)

WHERE: Delhi, Binsar, Ranikhet and Varanasi in INDIA

WITH: YOGINI KAMADEVII (www.yoginikamadevi.com) and ON HIGH GROUNDS (www.onhighgrounds.com)

COST: \$1500 per person ex-Delhi (for details, day-wise itinerary, cost inclusions/exclusions and any other queries, please refer to the program guide or write to yoginikamadevi@gmail.com/nitin@onhighgrounds.com)

LAST DATE TO ENROL – 5th Feb, 2017 (Get an Early Bird Discount of 5% if you enrol before 15th Oct 2016)

PROGRAM DETAILS



INTRODUCTION

This retreat gives you the opportunity to be immersed in a complete wellness program in India. Practicing Yoga and other holistic approaches in the Himalaya, the birthplace of Yoga - home to historical sacred locations, temples and villages where Yogis and Mystics roam and enlighten people's souls. **Kamadevi** an expert Yoga Teacher and Artist, has designed this wellness program and will be a catalyst in supporting you through inner-transformations and discoveries of your fullest potentials.

THE HOLISTIC PROGRAM

The program is based on the **Chakra** system, stemming from the Vedic tradition, which has been practiced since 5000 years to the present day. The Chakras are energy centers within the body which when balanced bring about health and harmony within mind, body and spirit. Everyday all Chakras are explored in an integral way with a focus on one Chakra to bring about a deepened awareness, self-clarification and balance.

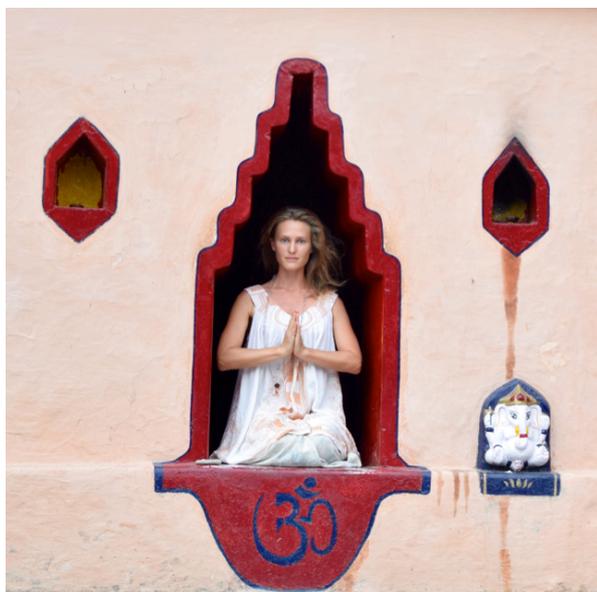
The first 5 Chakras are connected to the 5 elements, as the most part of our journey is in a wilderness sanctuary our Yoga practice and daily activities are working in synergy with the earth, waters, fire, air and space. With meditation, sound-therapy/chanting, focused discussions, ecstatic dance and joyous activities. This is a holistic journey for those who want to return home with practical and knowledgeable tools for your own Yoga practice, be recharged, inspired, centered, deeply rested and harmonized from the source of your Being.

For our stay in **Varanasi**, we will not only be in **the holiest city in India** but also one of the oldest continuously inhabited cities on Earth. It is here where **Sri Mahamaya Oshidevi** resides, a living Master and Spiritual Mother to Kamadevi. A clairvoyant and illuminated woman, able to adapt insights and awakenings to individuals needs. There will be a day shared within her presence to receive nourishing Satsang (spiritual discourse) and Ganga Blessing (the River Ganges), you will also have the option to meet her in person and have private sessions.



THE TEACHER - YOGINI KAMADEVI aka CARLA

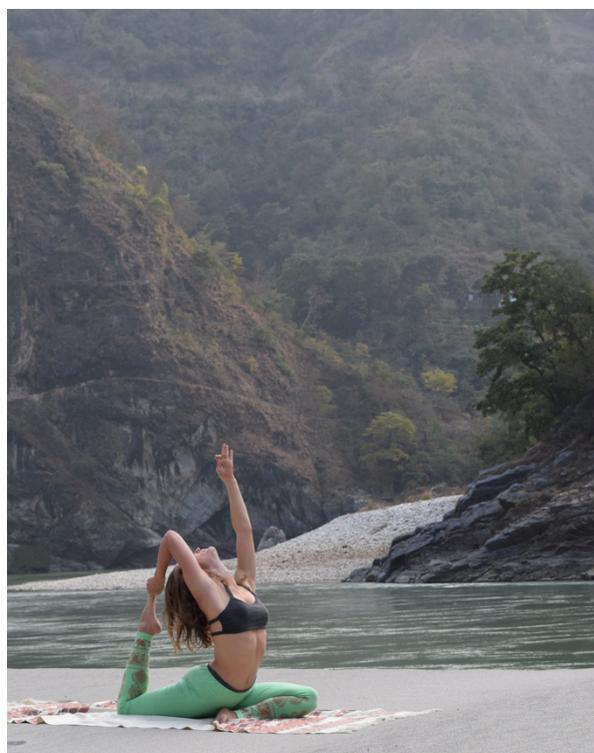
THE JOURNEY



THE PATH WAS DESTINED as a young girl of six she was drawing her father's workmates in their offices doing asanas (postures) rather than sitting behind a desk. During adolescence she became active in questioning outside the norms, which she found restrictive and dogmatic. It was here when deeper values and philosophic approaches grew. Not convinced by the conditions of society, she developed abilities of reflection, self-enquiry and observation through the foundation of meditation from the age of 15, along with her first yoga classes. Soon after, her path led to India, where a turning point occurred. Through her perseverance towards the Path of Realization she met her Spiritual Mother whom was the catalyst in revealing Carla's purpose. Thereafter she nurtured and blossomed in her inner visions, by following the heart and consciousness that guided her journey.

HER EXPERIENCE

Certified Hatha Yoga Teacher with more than 800 hours coursework, extensive Self-Practice, certified Reiki practitioner. Continued studies in Kriya Yoga, Kundalini, Ecstatic Dance and Tantra. Along with exploration in methods of bodywork, meditation techniques; like Vipassana (10 day silence course), which she has completed a number of times, creative modalities that are complementary to her artistic nature considering her completed degree in Visual Arts. While offering workshops focused on the Chakra System (energy balancing), wellness consultation, and having previously implemented a Holistic Lifestyle Program at The Fusion Resort, a five star establishment in Vietnam. Kamadevi Carla has a well-versed approach, is open-minded and free-spirited. Her travels and consideration to cultural differences have enabled her to work accordingly with varied contexts, individually and with groups.



THE TEACHER - YOGINI KAMADEVI aka CARLA



The significance of her name; Kamadevi, given by her Spiritual Mother; SRI PARMATMA BHARAT MATA JI

"She is the perfect flame I have seen to continue the Guidance and Universal Love that I have served all through my own life. I gave her the name of Kamadevi according to the vibration of her Shakti (Divine Feminine). Kamadevi is the Goddess transcending desire in its Divine Kingdom. Transmitting the warmth of sensual touch, embracing Universal Love and noble desire, respecting manifested life in all levels, she incarnates natural spiritual ecology. She is the one to embrace and transmit the complete natural divine life, insufflating her charisma to anyone meeting her in essential disposition."

(For continued biography please visit: www.yoginikamadevi.com)

HER BELIEFS

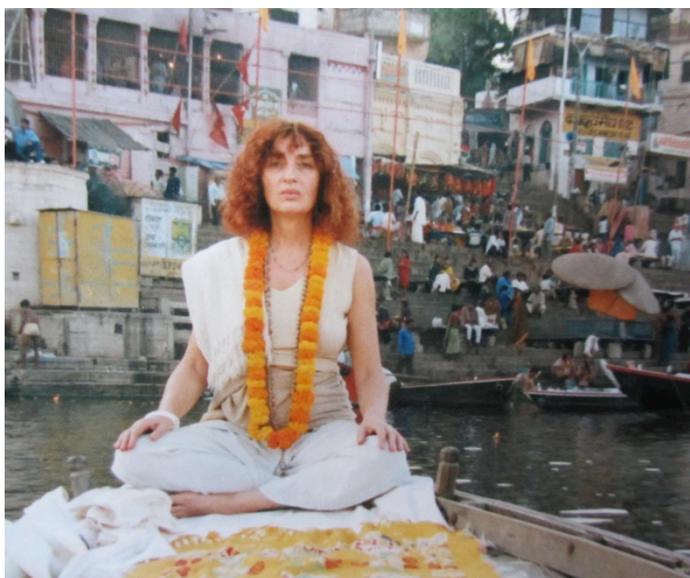
She feels it is important to integrate various modalities, as people require particular approaches for inner clarification to be effective. However, it is even more important for Kamadevi to be connected to the natural flow of intuition, a perceptibility that becomes more acute when the personalized transmission occurs. It is this strength, the ability to see and feel into what people require and how to go about it, that brings a caring and yet accurate dimension the way Kamadevi works.



OPEN UP YOUR CHAKRAS WITH YOGA



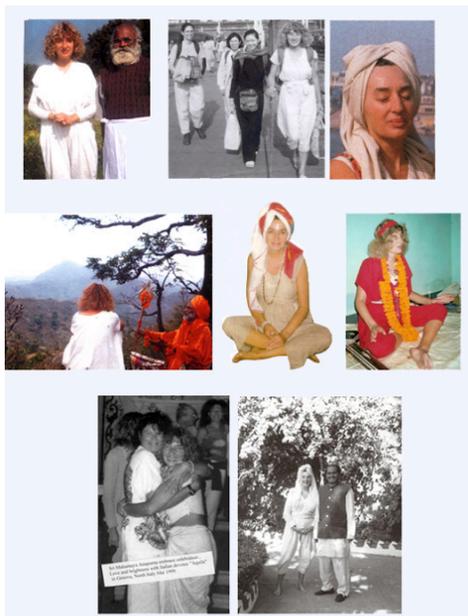
THE GURU – PARMATMA BHARAT MATA JI



At Khajurâho, Madhya Pradesh, North India, on December 1998, Mata Ji meets Yogi Râm Prakash Sharma. Yogi Sharma immediately recognizes her as a Spiritual Mother:

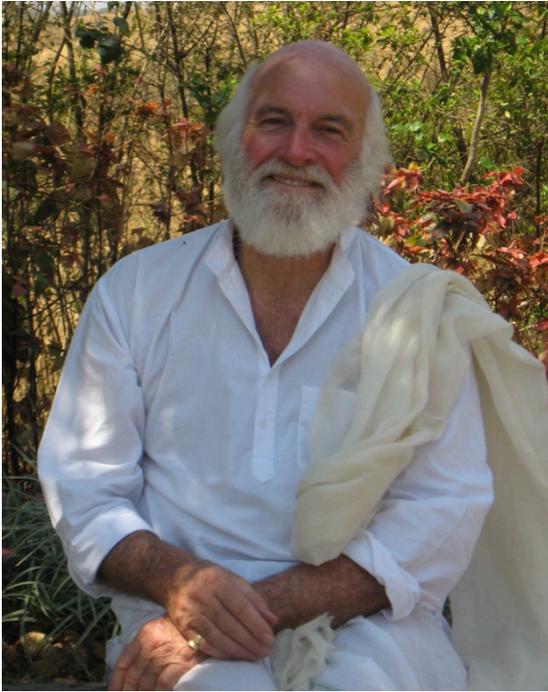
"I have nothing to teach you, your consciousness is opened since long. Besides, your particular aptitude is a sharp psychology of the depths. Use it and settle your authority as a Spiritual Mother. Give the love, awakened consciousness, and use all your inspired methods."

Yogi Sharma's teaching is based upon observation and self-realization of the "I AM" beyond any religious or philosophic consideration. Mata Ji's teachings are equal. Although following her specific nature in that embodiment, she also creates private sessions using Dynamic Breathing and Shakti Source to guide past live experiences to dissolve karmic blocks, when needed. At times she also spontaneously proposes inspired Catharsis, which is very quickly operational, putting an end to the endless reams of psychoanalysis. In her fifties, having 20 years before received Master Degree in Tibetan Karuna, REIKI Method from the Bodhisattva Lineage, and therapist Diploma in Clinical and Social Sophrology, all together, she offers a unique accompaniment as an admirable bridge, between Eastern and Western Awakening and Realization, through adapted psychological, physical and spiritual understanding.



Yogi Ram Prakash Sharma as spiritual father, gives her the Indian names of **Mahamaya Devi**, embodiment of Divine Creative Power and Spiritual Knowledge behind appearances, joining with **Annapoorna Devi**, giver of perfect food. One day, as she massages his painful shoulder, he exclaims: "Ho! Ho! Now in your hands, I see that you can give all forms of love... you are also **Premananda!** A few years later she meets a Saint Giri who names her: **Parmatma Mata**, the perfect guide. While, in the end, one mystic devotee in Varanasi baptized her shouting loudly "**Bharat**" meaning India. All these names are actually illustrating her different aspects, in this terrestrial form and she likes them all, while at the same time not bothering about any. "Being is beyond any names, the "I AM" has no names" she says. (For further information please visit: www.yoga-narbonne.com/mahamaya)

THE COMPANION – GANGADAS aka CRAIG



Ganga Das has been practicing the Science of Kriya Yoga for over forty years, after being blessed by a vision of his Guru, Paramahansa Yogananda in 1972. Many years of following his Guru's sacred teachings has aroused a great yearning for the Divine. Being blessed with an overwhelming experience in Divine Love and the Sacred Om Vibration, his heart expresses his Love for God - This Universal Consciousness, also called Bhakti Yoga through sacred devotional chanting that touches and awakens one's heart.

Gangadas conducts bi-annual guided tours through India, which are focused on the sacred journey of The Remarkable Yogi, Paramahansa Yogananda author of "The Autobiography of a Yogi".

Enjoy morning and evening group meditations with devotional chanting throughout our Himalayan Journey.

YOGINI KAMADEVVI @WORK



TRIP DETAILS – BINSAR (WEEK 1)

FIRST WEEK OF STAY (6 nights) WILL BE BINSAR ECO LODGE AND EXPLORATION WILL TAKE PLACE IN AND AROUND THE WILDLIFE SANCTUARY



A quintessential Kumaoni village comes complete with its own set of folk tales, unique angle view of the snow covered peaks, its twist to the regional cuisine, personal meadows, lake and a hilltop temple. Things you will not experience unless you stay with them, eat with them and walk their paths. And this is exactly what we will do in this trip. Short, easy walks will take us from one village to another as we accumulate all the stories and experiences. The stay will be comfortable, bordering on luxury, food authentic and the smiles genuine.

RANIKHET – BABAJI’S CAVES (WEEK 2)

WE WILL SPEND 2 NIGHTS AT BABAJI’S CAVES in CAMPS/SEMI-PERMANENT STRUCTURES

Mahavatar Babaji is an ancient yogi from the Himalayas who it is said to have an eternal body. His story has been made known thanks to Yogananda's book "Autobiography of a Yogi". He is an avatar (divine incarnation) who has revived the science of Kriya Yoga (an advanced pranayama technique that accelerates spiritual evolution) and spread it to the modern world through his disciple Lahiri Mahasaya.



VARANASI (WEEK 2)

WE WILL SPEND 3 NIGHTS in VARANASI NEAR MATAJI’S ASHRAM IN A WELL APPOINTED HOTEL



Varanasi is a city in the northern Indian state of Uttar Pradesh dating to the 11th century B.C. Regarded as the spiritual capital of India, the city draws Hindu pilgrims who bathe in the Ganges River's sacred waters and perform funeral rites. Along the city's winding streets are some 2,000 temples, including Kashi Vishwanath, the "Golden Temple," dedicated to the Hindu god Shiva.

TRIP ITINERARY: 13 NIGHTS/14 DAYS

Day	Activity	Remarks	You have to
Day 1	<p>Fly in from your international destination and land in Delhi.</p> <p>Airport transfers to your Delhi hotel will be in place.</p> <p>Overnight @ a Delhi hotel</p>	<p>Freshen up and relax for a while to get rid of any jet lag.</p> <p>A local Delhi sightseeing tour is on the cards.</p>	Book your Air ticket to Delhi
Day 2	<p>Take the Train (Shatabdi Express) from New Delhi departing at 06:15 am to reach Kathgodam at 11:40am.</p> <p>Drive to the Camp site ~ 4 hours.</p>	<p>The rest of the day will be spent in unwinding from the long trip and chilling out and also getting used to the surroundings.</p> <p>A briefing session on the DO's and DON'T's.</p> <p>Introductory YOGA session in the evening.</p> <p>Welcome Drink, Lunch, evening Bonfire with music, tea/juice with snacks and Dinner on the arrival day.</p>	Checkout of the Delhi Hotel in time to catch the railway station transfer departing at 5:30am.
Day 3-7	<p>Morning & Evening YOGA sessions</p> <p>Introduction of the local flora and fauna.</p> <p>Visit Jageshwar – one of the heritage sites</p> <p>Trek through forest, fields and fruit orchards to the nearest village. Enough time and opportunity to mingle with the locals and indulge into social activities planned for this trip.</p> <p>Short hike to the river bed</p> <p>Riverside Activities including rappelling, lunch at the riverside, loads of fun activities in the post lunch session.</p> <p>Trek to Vimal Kot Temple for a 360 degrees view of the Himalayan ranges</p> <p>A session of rock climbing and a jungle trek in the night will be arranged.</p>	<p>Sumptuous Meals, Snacks, Bonfire with music and dance will be a regular feature on all days of your stay.</p> <p>Option of homestay and camping under the stars will be available while we walk through the region.</p>	

TRIP ITINERARY: 13 NIGHTS/14 DAYS

Day	Activity	Remarks	You have to
Day 8-9	<p>Morning & Evening YOGA sessions</p> <p>Start our journey after breakfast to Dwarahat - Ranikhet (Babaji's Cave) - ~3 hour drive</p> <p>Overnight @ Babaji's Cave - Camping</p>		Pack your bags and checkout of the cottages
Day 10	<p>Morning YOGA session.</p> <p>After breakfast, we travel to Kathgodam where we catch our train (KGM Shatabdi) departing at 15:35 pm to reach New Delhi at 20:30 pm.</p> <p>Overnight @ a Delhi hotel</p>		Pack your bags and get ready to catch the transfer to Kathgodam
Day 11-13	<p>Catch the morning flight to Varanasi.</p> <p>Get used to the intensity and the vibes of this spiritual city.</p> <p>Spend the next 3 days in visiting various places of interest as a part of our Yoga retreat.</p> <p>Continuing Yoga sessions on all days</p>		
Day 14	<p>Take the morning flight to Delhi and your onward connection out of India.</p>		Checkout of your Varanasi hotel in time to catch your flight to Delhi. Book your onwards ticket out of Delhi for your destination

* Option of continuing your India tour is there. For further tour itineraries we will be happy to answer your queries and arrange the trips.

SAFETY ON OUR TRIPS

SAFETY OF ANYONE WHO TRAVELS WITH US REMAINS OUR NUMBER ONE PRIORITY

Almost everything we do, starting from choosing places to go to and people to work with and even vehicles to travel in is dictated by our need to provide a safe and secure travel experience.

Certified and reliable personnel:

1. Shortlisted local service providers with excellent track records
2. All requisite documents and permissions obtained beforehand
3. Trained instructors & guides with certifications in first aid, mountaineering and rescue skills
4. Our own experience with them on multiple trips



Safe Transportation:

1. Local Transportation providers
2. Experienced drivers well versed with the routes
3. Extensive checks – driver documentation and background check, vehicle condition report etc.
4. Strict no-alcohol policy for drivers on duty

Safe Places to stay:

1. Safe, clean, well-suited accommodation
2. Extensive first hand experience
3. Government certified campsites/hotels only
4. Equipped with necessary medicines and first-aid kits
5. 24*7 access to doctors/hospitals in case of emergencies



COST OF THE TRIP

Total cost of the trip per person is **\$1500 ex-Delhi (for a group of 10 or more)**

Cost includes:

- ▼ Stay at hotels/cottages/camps/homestays (double occupancy basis)
- ▼ All meals (includes snacks during transit)
- ▼ Transportation: All transfers from airport/railway stations/campsites; Train legs – Delhi-Kathgodam-Delhi; Air Legs – Delhi-Varanasi-Delhi
- ▼ All Yoga/Holistic programs, adventure and community activities – eqpt and instructors

Cost excludes:

- ▼ Mineral water, soft drinks, alcoholic beverages
- ▼ Laundry and Tips
- ▼ International Air Fare

NOTE: Please make full payment in advance to confirm the trip

PAYMENT OPTIONS

▼ Online transfer/ Deposit to:

Account name: On High Grounds | Bank: HDFC Bank | Branch: SCO-15, Sec -14, Gurgaon
Current A/C #: 50200007211059 | IFSC: HDFC0000090 | SWIFT: HDFCIMBB

CANCELLATION POLICY

- ▼ 100% refund in case the cancellation happens 60+ days from the date of the trip (excludes tax and the travel components)
- ▼ 50% refund in case the cancellation happens between 30-60 days from the date of the trip (excludes tax and the travel components)
- ▼ No refund in case the cancellation happens between 0-30 days from the date of the trip (excludes tax and the travel components);

FAQs

Q: What to get along?

A: Pleasant days and crisp, clear views make it an ideal time for day walks in Kumaon. Temp ranges from 7 to 22 degrees and the weather is mostly clear. Comfortable walking shoes will make the trip, well, very comfortable. We will of course carry woolen jacket, sweater, cap, socks, gloves etc. Temperature in Delhi and Varanasi will be high (around 30 degrees) and we will dress accordingly. [Complete checklist on signing up.](#)

Q: More about the travel by Road in the Himalaya?

A: The journey time is around 4 hours on the mountain roads from the nearest railway station. Road conditions are overall good on this journey. Carry some snacks to munch on the way. The journey time accounts for couple of short breaks at the most.

Q: What kind of sleeping arrangement will be there?

A: Binsar Eco Lodge has various cottages and 2 people will be sleeping in one cottage. The same arrangements will be there on the night of the homestay/camping at Babaji's cave. Hotels in Delhi and Varanasi will be on double occupancy basis and will be well appointed and starred accomodation.

Q: Any danger from wild animals in the Himalaya?

A: The wild animals are asking the same question about humans. And in their case its valid also. There are no animals in the vicinity of the camp and we may get lucky to see some during our Jungle trek.

Q: Making a contribution:

A: There is always a way of giving back to the place and people where we go for our holidays. Not only will be contributing to the local economy when we stay in the villages, but also to our understanding of the culture and the way of life there. We will also be employing local guides as well as transportation providers. You can support rural handicraft weavers by buying your woolens, etc from them directly.

Get in Touch

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